



**Health**

Hunter New England  
Local Health District

# Dungog Community Hospital

## “Heartmoves”

By Charmian Bridge and Dianna Galbraith





# Dungog Shire



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## Where is Dungog?

Dungog is a small rural community town located in the Hunter Region of NSW.

215 kms from Sydney

79 kms from Newcastle

57km from Maitland



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# Dungog Demographics



- Population = 2 131  
Dungog Shire = 8 547 (2011 Census)
- Median Age = 47yrs (10 years above Australian average)
- Obesity 62.8% (4.4% above Hunter average)
- Coronary heart disease hospitalisations 34.6% increase (2009 – 2011)



# The Health challenge this partnership aims to address



- Increasing rates of chronic health conditions (e.g. Diabetes, Cardiovascular Disease)
- Falls and cardiovascular related emergency presentations and hospital admissions
- Physical inactivity
- Limited access to preventative health care programs due to geographical location



# How this innovation came about



- In 2009 community representatives approached Dungog Hospital staff requesting an exercise program for seniors and disabled members within the community
- Audit review of Emergency patient presentations
- Collaboration between Hunter New England Health Executive and the Australian Heart Foundation
- Heartmoves program identified as suitable option



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# Practical steps taken to implement innovation



- Suitably skilled staff member selected to train as a Heartmoves leader
- Selection of suitable venue
- Completion of site risk assessment
- Authorisation and payment of host license
- Community information evening





# Results achieved

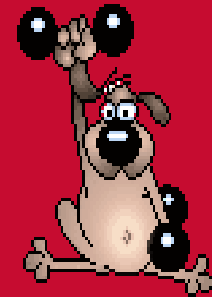


- Reduction in falls and chest pain presentations
- Increase in client numbers 11- 120
- Development of social groups
- Promotion of self management practices
- Empowerment
- Independence



# Key learnings and advice to others wishing to tackle similar challenges

- You can teach an old dog new tricks
- Age is no barrier
- Be patient
- Keep focused on what you want to achieve
- Network with other organisations



# Client feedback



Heartmoves Inspires me  
To ensure that I have a  
Healthier future and become  
more active

I have lost over 3kgs!!  
Thanks Heartmoves

Gentle exercise in  
a friendly environment  
No pressure No fear  
Just fun!!

Mobility with  
confidence

Heartmoves for me  
is invigorating



# Client stories



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# References

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